

Heights Community Center, Senior Program January 2016 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Holiday – Offices Closed 
4 <u>Bingo 10 – noon</u> <u>Cribbage 10 - noon</u> <u>Walking Group 11</u>	5	6 <u>Bone Builders 10-11</u> <u>Line Dancing 10:30 - 11</u> <u>Walking Group 11</u> <u>Zumba Gold 11 – 11:30</u>	7 <u>Mah Jongg 1-4</u>	8 <u>Bone Builders 10 – 11</u> <u>Knitting Group 9:30 – 11</u> <u>Walking Group 11</u>
11 <u>Bingo 10 – noon</u> <u>Cribbage 10 – noon</u> <u>Learn to Play</u> <u>Cribbage 10 - 11</u> <u>Walking Group 11</u>	12	13 <u>Bone Builders 10-11</u> <u>VNA Senior Health Clinic 9 - 12</u> <u>Line Dancing 10:30 - 11</u> <u>Walking Group 11</u> <u>Zumba Gold 11 – 11:30</u> <u>January Lunch – 11:45</u>	14 <u>Mah Jongg 1-4</u>	15 <u>Bone Builders 10 – 11</u> <u>Book Discussion 11- 12:30</u> <u>Walking Group 11</u>
18 Office Closed Martin Luther King, Jr./Civil Rights Day	19	20 <u>Bone Builders 10 – 11</u> <u>VNA Senior Health Clinic 9 – 12</u> <u>Adult Coloring 9:30 - 11</u> <u>Line Dancing 10:30 - 11</u> <u>Walking Group 11</u> <u>Zumba Gold 11 – 11:30</u>	21 VNA Program 10-Noon <u>Mah Jongg 1-4</u>	22 <u>Bone Builders 10 – 11</u> <u>Walking Group 11</u> <u>Trivia 11 – 12 Noon</u>
25 <u>Sunset Club Bingo 10 – noon</u> <u>Cribbage 10 - noon</u> <u>Walking Group 11</u>	26	27 <u>Bone Builders 10-11</u> <u>Walk-In Wednesday 10 – 12</u> <u>Line Dancing 10:30 – 11</u> <u>Zumba Gold 11 – 11:30</u> <u>Walking Group 11</u>	28 <u>Mah Jongg 1-4</u>	29 <u>Bone Builders 10-11</u> <u>Walking Group 11</u>

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At a Glance.....

Cribbage – Every Monday, 10 – noon

*Learn to Play Cribbage – Monday, January 11, 10 - 11

*Line Dancing – Every Wednesday, 10:30 – 11:00

Zumba Gold – Every Wednesday, 11- 11:30

Walking Group - Every Monday, Wednesday & Friday, 11:00

Mah Jongg – Every Thursday, 1:00 – 4:00 pm

January Lunch - Wednesday, January 13, 11:45

Knitting Group – Friday, January 8, 9:30 – 11:00

Book Discussion - Friday, January 15, 11:00—12:30

Adult Coloring - Wednesday, January 20, 9:30 – 11

VNA Senior Health Clinic- Wednesday January 13 & 20, 9:00

*VNA Program – Thursday, January 21, 10:00 - Noon

Trivia - Friday, January 22, 11:00—Noon

VNA Walk-In Wednesday – January 27, 10:00—Noon

All seniors age 50+ are welcome to join
any activity. Questions? Contact Becky at 230-4982 or
Rbukowski@ConcordNH.gov.



*Activities listed in red are new activities this month.

Cribbage – we have the boards, pegs and cards. If you are a cribbage player come and join others in a game.

***Learn to Play Cribbage** – the cribbage players have offered to teach new players on Monday, January 11th.

***Line Dancing** – have fun while you exercise! \$25 for 6 weeks or \$5 for walk-in.

Zumba Gold –easy and fun dance activity for seniors at all activity levels. \$15 for 5 weeks or \$4 per class.

Walking Group-walk in the indoor comfort of the center or walk outdoors on a marked path. After completing 2 miles enter your name into a raffle for a \$25 gift card.

Mah Jongg– for experienced players.

January Lunch-free for seniors 60+ with a suggested donation of \$2. Seniors under age 60 the cost is \$6. See flyer for lunch menu. Sign-up is required by January 8th.

Knitting Group –learn to knit or knit with us and share your expertise. Materials and an easy knitting pattern are provided.

Book Discussion Group—we will be discussing Small Island, by Andrea Levy. See Becky to borrow a book.

Trivia—Questions about history, sports, pop culture, music and movies are the theme. Fun and prizes!

***VNA Program** – Starting in January the VNA will be presenting quarterly programs on topics for seniors. See the senior tables to learn more about each topic.

Adult Coloring – Participate in a fun activity for adults. We have pictures and colored pencils, or bring your own.